Students propose general tech fee

By Nathan Golden
Staff Reporter

A new student proposal suggests that all Highline students pay $5 per quarter for "unlimited use" of computer labs.

Highline's student government has proposed such an idea after Vice President of Administrations Paul Gerhardt, said his idea of a $5 "value add" approach is a"win-win situation."

"The bottom line is that the students would save money and the school would make money," he said.

The proposal suggests each Highline student should pay $5 per quarter for unlimited access to computer labs. If adopted, it would make the labs available to all students, including part-time.

Currently, only students who have paid the $24.50 computer fee are able to use the computer lab.

"I've been in there for five minutes and need to make sure my message is followed, or reinforced.

"If I've paid in the past for five minutes and never been there before, why have I paid at all," Davis said.

"The student proposal might not be accepted, but it is a good idea."

The proposal suggests that part-time students be charged $20 per quarter for "unlimited" use of the labs.

Part-time students are not paid to stay on campus, so they don't have access to the computers, grading papers, and developing course work, said Part-time anthropology teacher Rick Reanier said the students should care. Part-time instructors are not paid to stay on campus so they don't have access to the computers, grading papers, and developing course work.

Part-time anthropology teacher Rick Reanier said the students should care. Part-time instructors are not paid to stay on campus so they don't have access to the computers, grading papers, and developing course work. Approximately 75 percent of Highline faculty are part-time; however, only about 25 percent of the courses offered do not have an instruction fee imposed.

Part-time instructors, associate professor of academic affairs, and the one of the challenges is having some full-time instructors to make sure their work is full time teaching professionals. Full-time instructors might not have a full-time faculty member to help them.

Highline has to be committed to having more full-time faculty, it needs to have the computer lab a $5 fee, and the students don't have to pay it."
Interactive Media trying to reboot

By Christi Croft
Staff Reporter

Highline is looking for aspiring students of all ages to join the Interactive Media Program.

"We definitely need more students," said Teryl Ross, program coordinator.

Since the program is only a year old, not many students know what courses and job opportunities are involved. According to Ross, last year the program enrolled approximately 25-30 students, and by the end of the year, only 5-10 students remained.

Ross said that the reason for the drop in enrollment was because the program wasn't quite up to snuff.

"Most of the students who we attracted last year found that this program was not for them," said Ross, who was named to handle the program later last summer.

Reed hopes his misfortune is an example

By William Randall
Staff Reporter

Raven Reed has contracted HIV and he doesn't want to see the same thing happen to you.

He spoke at Highline on Monday in Building 8 for World AIDS Day and Highline's AIDS Awareness Day.

Reed was in his mid-30s when he contracted the disease, but he feels emphatic about young people who might catch HIV with their whole lives in front of them. After people get the disease, it is a lifetime job to live day-to-day, Reed said.

The medications produce side effects that are incredibly hard to live with. Then the challenge is a lifestyle that successfully fights and lives with the disease, he said.

"The real challenge in life is to stay alive, keep healthy, and keep a positive attitude," Reed said.

Reed attended Northwest Nazarene College in Nampa, Idaho. He earned a bachelor's degree in music and later attended Lane Community College in Eugene, Ore., to obtain a certificate in accounting and office procedures.

"I was the first black man to graduate from Northwest Nazarene College," Reed said.

Despite his otherwise normal life, Reed contracted the virus that causes AIDS.

"There is no stereotype to who gets AIDS," he said.

"I'm a person who is educated, and I do not sleep around.

I'm a reserved person who contracted AIDS by being around Reed said. "From that point on, it changed my life drastically. When I contracted HIV, my energy began to go down, and it put such a stress on my body that I could not play with the same intensity and ferocity because HIV caused great fatigue in my body," he said.

"It was laid off my job and ended up on disability. This caused me to lose my identity because I had always been dedicated to my work and my accomplishments. Now, I can no longer do those things, so I had to go through self-re-evaluation," Reed said.

Today, Reed says he doesn't do very much, but others might not agree with him. He is currently on the King County AIDS Planning Council. He attends six to eight Planning Council meetings per month.

Also, Reed is the co-chairman of the Managed Care Subcommittee for the council. He does public speaking for the Northwest AIDS Foundation and Planned Parenthood. Reed would like to leave a message for the students at Highline, other colleges, and youth everywhere.

"Just think, one moment of passion and pleasure is not worth sacrificing the rest of your life," he said.

Holiday giving tree

Now through Dec. 12, a holiday giving tree will be set up in Building 8 to benefit children and teens affected by AIDS.

Toys, clothing or cash donations are welcome. Donations may choose the age and gender of the child.

For more information, contact Betina Casal at 206-878-3710, ext. 3315.

Canned food drive

The Highline Artist's Guild is sponsoring a canned food drive to benefit Toys for Tots and Northwest Harvest now through Dec. 10.

Bring donations to Building 16, room 158.

Finals Week Schedule

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| EVENING EXAMS: (Includes <0 p.m. and Saturday classes) | Reserved for unscheduled and conflicts |

Should be the class period immediately preceding Dec. 8.
Wegner lends faculty experience

By Marisa Kind
Staff Reporter

If it seems like Gary Wegner has an arresting manner about him, it might be because he has practiced it. After working with the police academies of Washington for 25 years he said he wanted to "contribute to the betterment of those who seek a career in criminal law." He is currently a career in criminal law after graduating from the University of Washington. If it seems like Gary Wegner has an arresting manner about him, it might be because he has practiced it. After working with the police academies of Washington for 25 years he said he wanted to "contribute to the betterment of those who seek a career in criminal law." He is currently a career in criminal law after graduating from the University of Washington.

Wegner enrolled in the military back to Washington to be in command of the Seattle area for Air Force investigation. He is an active member in invited to help make Highline the best student campus in Washington state. He is an active member in invites to help make Highline the best student campus in Washington state. "I liked the job, because it was real varied," Wegner said, "and was sent to Washington, D.C. for three months for investigation training." Wegner wants students to be more involved. "Right now Highline is in the process of deciding which firm to use for the job," said Shirley Bean associate director of facilities. After the contractors and architects are chosen, the design process would take place. At that time the architectural plans would be drawn, building permits would be received, construction planning would be taken care of. In the third phase, construction would begin until the project is complete. Designing would take place in 1998, and construction would go from about 1999-2001. Sometime in the design process, the school will decide who will become the users of the new space.

Wegner would like to establish an internship with the security here on campus for students that are interested, and one with correction agencies on the state and local level. Students interested in the area of criminal law relish Wegner's teaching style and his knowledge of the field. "I find him very informative," said student Kirk Sedano. "I like the way he teaches, plus, he lets us out early," said Jennifer Wischial, one of Wegner's students.

Wegner said that he didn't know, in front of dignitaries, what he would do was shake the governor's hand and welcome him to Seattle. Upon arriving at the head table, Wegner realized that he was living his worst nightmare. Unprepared, he had to give a speech welcoming the governor of Samoa, whose name he didn't know, in front of dignitaries. Wegner said that to this day, he doesn't remember what he said, but he's pretty sure it wasn't one of his best speeches. Over his years with the police academies Wegner noticed that many people who enrolled were lacking some fundamental skills and academic knowledge. Because Wegner has always enjoyed teaching, and he knows what the academies look for, he wanted to help prepare those who are interested in the field. "I want to be involved with people in the front end of their career; to be able to give them good advice from my own experiences," Wegner said.

Wegner said that he could save students a lot of trouble if he could help them find out now if they enjoy the field and if it is a career they want to pursue. Wegner would like to establish an internship with the security here on campus for students that are interested, and one with correction agencies on the state and local level. Students interested in the area of criminal law relish Wegner's teaching style and his knowledge of the field. "I find him very informative," said student Kirk Sedano. "I like the way he teaches, plus, he lets us out early," said Jennifer Wischial, one of Wegner's students.

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Designated smoking area could be solution

Highline needs to construct designated smoking areas throughout the campus.

Currently, Highline has no such areas designated for smokers. Many problems arise with accompanying such a task. One of the most debated problems lies in finding an adequate location for the smoking sites. The hardest part is trying to satisfy both smokers and non-smokers with the location.

Non-smokers prefer the site to be placed away from frequently traveled paths throughout the campus. Whereas smokers would like the site to be placed in a reasonably accessible location, as opposed to an inconveniently placed area in the far corners of the campus.

Smokers should have the right to smoke outdoors and not get criticized for it, but they should not be allowed to smoke right in front of classroom doors.

Along with the smoking areas, a smoke free zone needs to be established and enforced to help lessen the exposure of second hand smoke to unsuspecting non-smokers.

A smoke free zone of 15 feet should be sufficient enough to drastically lessen smoke inhalation by non-smokers. It is extremely unpleasant being forced to walk through a giant cloud of cigarette smoke in order to reach a classroom.

Another problem that arises with establishing smoking areas would be keeping the rain off of smokers' heads.

The new smoking areas should be sufficiently covered so as not to leave smokers helplessly exposed to drastic weather conditions.

With all this in mind, it is clear that something needs to be done about the smoking situation here at Highline. It would be nice if that in the future, all smoking would be eliminated from Highline, thus creating a smoke free campus.

This action would no doubt cause unified outrage among smokers, which could possibly cost the school several hundred students. But the school would most likely receive in return several hundred students who would enjoy the fact that Highline would now be a smoke free campus.

Finals week is no cause to panic

Finals week is nearly upon us, and the stress that goes along with finals is sure to come as well.

The important thing to remember is that taking finals shouldn't be thought of as the end of the world, but the end of the quarter.

Come finals week, it seems very easy to lose one's mind and have a mental break down of sorts.

So here are a few tips to try and ease the tension and most like be maximized your potential for those dreaded finals.

First, it would be a good idea to get in touch with a few friends and form a study group. Getting together in a group can help you remember aspects about your class that you might have forgotten. It also makes studying more fun and many times more effective.

Getting plenty of sleep during finals week is also very important. Studies have shown that getting sufficient amounts of sleep improves test scores, and gives students more energy to do well and concentrate more clearly at school.

Students often neglect their bodies during finals week, which usually leads to malnutrition. It is very important to eat well, while studying. In case you didn't know, food gives you energy. And students will need plenty of energy during finals week.

The most important tip to follow during finals week is to study ahead of time. Students should try and avoid late night cramming at all costs. Students like to believe that they are learning a lot by cramming, when in actuality they are overloading their brain with information they will most likely not remember the next day.

So just take it easy during finals week. If students do the proper preparations beforehand, then they should have nothing to worry about. It will all be over soon.

New name for our generation

It wasn't that long ago that I discovered that I was the leader of a new generation. I was sitting at home leafing through Time magazine when I came across an article that said Generation X cut off in 1976. After a few moments of mental calculation I realized that I being born in 1977, had missed the cut-off.

I was hurt, I felt rejected, but I also felt empowered. It was up to me to decide the name of my generation. My quest began with me looking at my generation, but all I could find was some book called “Generation X Goes to College.” Since that book was pretty much useless, I moved on.

My generation grew up using computers. The '70s oil crisis is an interesting footnote in our history book. The Gulf War was a big deal while we were in middle and elementary school. My generation saw the boom of bungee jumping and Nintendos. We also saw the rise of the Internet.

With all this in mind, I hit the web searching for a suitable name. I searched and searched, and realized that I had already found what I'm looking for. My generation is Generation Yahoo.

Generation Yahoo isn't just named for the popular web browser. It is in part named for the honest happiness that my generation possesses. We've got a go for it attitude when it comes to experiencing new things.

We were all raised in the age of political correctness, thus it comes second nature to us. It's easy for us to respect other cultures as well as honoring our own.

Racism and elitism are mysteries to us.

Sure, we may have problems forming meaningful long-term relationships, but who care's. We may have shortened attention spans due to all the new stimuli around us. Television, radio and now the internet all eat into our time.

We know what a baud rate is and how it effects the speed of a modem.

We know the value of wearing a helmet when participating in extreme sports.

We're thrill seeking and web jockeys, but people never try to put us down. They're all still too busy ticking into Generation X.

W.B. Heming is Editor-in-Chief of the Thunderword. That means he's the man.

The Thunderword
Happy Holidays. Why? Because we like you.

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Adviser ................................................................. T.M. Sell

P.O. Box 89000 Des Moines, WA 98198
Building 10, Room 106
Newline ................................................................. 878-3710 ext. 2318
Advertising .............................................................. 878-3710 ext. 2310
Dec. 4, 1997

Opinion

Highline students learn and grow in Alabama

A couple of weeks ago, Menna Tesfatsion and myself, Mora Windon had participated in a conference at Birmingham, Alabama. Menna and I were facilitators in a workshop in Birmingham...

Highline professor Derek Greenfield, left, and students Mora Windon and Menna Tesfatsion at conference in Alabama.

Commentary

I apologize for giving you such short notice, but there are no instructors of The Thunderword is the last thing I was thinking about Thunderword is the position of instructor. The community college.

When you were to ask any attendee of them. I've asked myself why this happened. Is that what all that hype was about lack of participation? There is no need to be split in this effort. Having faculty of color would add to the Highline community. It would bring new perspectives and a fresh awakening to the way history, politics, literature, and philosophy are viewed. We would look at our lives through a different mirror, one that would reflect what is really in front of us, all of us.

The actual acronym is ASHCC.

The subject matter of the presentation also included suggestions on how to reach students inside and outside of the classroom. Not only was our instructor Derek Greenfield moved, but it was quite apparent that the workshop touched the hearts of the other educators in attendance.

I look back to the days of my life when I was Highline College's first Black student. I've asked myself why this happened. Is that what all that hype was about lack of participation? There is no need to be split in this effort. Having faculty of color would add to the Highline community. It would bring new perspectives and a fresh awakening to the way history, politics, literature, and philosophy are viewed. We would look at our lives through a different mirror, one that would reflect what is really in front of us, all of us.

Though that in itself is a huge improvement from the days when the educational institution was bombarded by white men and nothing else, it is still an injustice. There is hope through our actions, and proof of that is the number of women instructors on campus relative to the amount at the inception of the college. This gives me hope, that my people and all people of color can someday see their seeds reach full fruition in the educational garden.

We need to have a diverse group of students sit on search committees. It is vital that students have a say in the process of hiring new faculty. Putting together all of our communities resources is the only way we are going to succeed. And when we are all fighting for the same cause who is there that can oppose us? There is no need to be split in this effort. Having faculty of color would add to the Highline community. It would bring new perspectives and a fresh awakening to the way history, politics, literature, and philosophy are viewed. We would look at our lives through a different mirror, one that would reflect what is really in front of us, all of us.

Dear Editor:

I just wanted to thank you for publishing the quick blurb at the last minute on the back page of the Nov. 26, 1997 issue of the Thunderword.

Your paper is a great and effective means of communication that benefits so many Highline students. I just wanted to point out that the article written by Paul Gerhardt was the vice president of legislation.

For the record, I am the vice president of administration, with very different job requirements.

The article included that it was the ASHCC.

The actual acronym is ASHCC.

ASHCC stands for Associated Students of Highline Community College.

I don't smoke and I don't need to hum cigarettes off of others just to say "hey, what's up?" I have plenty of friends that smoke. They accept me for who I am, not because I smoke. If your so-called friends pressure you to try it, then they are not your true friends.

I hung out with one friend in particular this last weekend that smokes, and I cannot even remember how many times she was asked for a cigarette.

Her response nearly every time was, "I'm not even a smoker." When Angk said it was really trendy, what part was he talking about? I think I missed it. Maybe he meant that the empty wallet, the yellow teeth, and the bad breath and lung cancer was trendy.

As for the people that say they want to quit but not now or can't, this is what I have to say to you. You will quit, the day you die! And those people that you smoked for, "just to fit in, the social, and trendy," must likely won't even know you one, two, ten years down the road.

They won't care that you're dead, they won't even know that you're dead. And the world will go on without you.
Students are sleep deprived, survey says

By Alyssa Pfau
Staff Reporter

As finals approach and deadlines draw near, Highline student Jerry Davis finds himself sacrificing sleep for extra study time.

"There are only so many hours in the day and I often find myself staying up until three, four in the morning to get my home work done," Davis, who gets up at about 6 a.m. for school, said. He says that he spends 40-60 hours a week on homework, and as finals approach he claims that the workload is only increasing.

Davis usually takes a nap during the day which he says gives him a second wind of energy but he still only manages to sleep five or six hours a day.

"When there is a lot to get done, the easiest thing to give up is rest sleep," said Bob Baugher, a Highline psychology instructor.

Davis is not alone. Research shows that sleep deprivation is a common problem among most Americans, Baugher said.

According to the book "Psychology" by David G. Myers, "People who sleep less than seven hours often show signs of sleep deprivation."

Effects of sleep loss listed in the book include:

- Impaired creativity and concentration
- Slight mood swings
- Suppression of the immune system
- Irritability
- Slowed performance
- Poorer judgment
- More accidents
- Occasional misinterpretations on monotonous tasks

A recent survey, polling 100 students, revealed that Highline students are no different than most sleep-deprived Americans.

The survey revealed that Highline students juggle hectic schedules, spending anywhere from 20 to 60 hours a week on non-academic related commitments. In addition nearly two-thirds of the students surveyed were taking 15 credits or more and 21 percent of the students had responsibilities to a spouse, a child, or both.

With so many commitments and only 24 hours in a day it is no wonder that Highline students lose about 14 hours and 15 minutes of needed sleep a sleep.

On average students say they need at least seven and three-quarters hours of sleep in a 24-hour period; yet, they only get an average of six and a quarter hours of sleep.

"Our bodies are based on rhythms...if you alter any rhythm you throw a persons body out of sync," Baugher said.

Baugher suggests that people experiment with their body’s natural rhythms and sleep patterns, to find out when they are at their peak efficiency.

"If you alter any rhythm you throw a persons body out of sync," Baugher said.

Highline students win national academic awards

By Shannon Stroud
Staff Reporter

Gov. Gary Locke will present scholarships to two Highline students during the College's First Annual Awards Ceremony May 1st.

The decision was also based on GPA, leadership, and community involvement. Casad has a 3.98 GPA and Gerhardt has a 3.7.

Casad plans to attend the University of Washington to earn a bachelor’s degree in psychology, and then would like to pursue a masters at Stanford.

Gerhardt's plans are to attend Evergreen State College to receive a degree in pre-law and business management, and then a masters in public administration.

Gerhardt said he would like to be a mayor of a large city someday.

The presentation of the scholarships will be February 25 at the Capitol Ronvola building.

Highline faculty and one from an outside reference.

Students try to juggle school, work schedules

By Petr Borishkevich
Staff Reporter

In order to survive students must work.

"Working and going to school is not easy. Students say that when they work, they do not have time to do homework and that causes their grades to drop," said Dines Smith. "It is very hard to work and go to school at the same time."

"It is very hard to find time to study. I usually go straight to work after school and get home at midnight," said Marc Ingram. "If you usually have too much work to study."

Working part-time, some students find it easier to keep grades up than working a full-time job.

"In order to go to school, I have to work part-time at my job," said one student.

"If I did have a choice, I would just go to school and not work at all, but I need to sustain myself," said Bruce Plaridal. "I would like the Lenon.

To get more money from financial aid, some students try to work more.

"I need to work more. On stimulants to stay awake or stay more focused.

"You don't have to do it in order to prevent yourself from being drug induced or not, it will have an unhealthy effect on your memory," said physical education and health instructor Tracy Bringham.

Using stimulants is actually more harmful than not using them, said Briggs. They have a negative effect on the brain causing reduction in memory retention and retrieval. They also cause dehydration, mood swings, and nervousness.

"Our bodies are based on rhythms...if you alter any rhythm you throw a persons body out of sync." Baugher said.

"You don't have to do it in order to prevent yourself from being drug induced or not, it will have an unhealthy effect on your memory," said physical education and health instructor Tracy Bringham.
Charity: Give something real for Christmas
See page 3

'Twas the night before finals, and you da man!
See page 7

Holiday stress: Fun for the whole family
See page 5

'Tis the season: Shop til you drop
See page 4
Festivities sail, skate into holiday season

By Santi Permpool
Staff Reporter

It's the time of the year to enjoy the beautiful sights of Christmas trees, the cheerful sounds of street carolers, and festive entertainment all through the month of December.

Experience gliding across ice at the Wells-Fargo Ice Rink, which Disney's Beauty and the Beast on ice, and enjoy free special events and activities at this year's King 5 Winterfest at the Seattle Center.

For eight years, Winterfest has provided Seattle area residents an unforgettable holiday experience.

"Come listen to live entertainment, see the beautifully decorated grounds, and enjoy the holiday season," said Beau Fong, Seattle Center public relations officer.

Special events happening at the Winterfest include:

Disney on Ice's "Beauty and the Beast," showing Dec. 3-7 at the Key Arena.

The Holiday Family Concert and Sing-Along on Friday, Dec. 5 from 7:30 p.m. in the Seattle Center House.

The Discover Stars on Ice Jan. 3 at 7:30 p.m. in the Key Arena.

These are just a few of the many events happening at the King 5 Winterfest this holiday season.

For those looking for festive activities happening in the Des Moines area, look no further.

Des Moines Park and Recreation is inviting everyone to witness the Annual Holiday Tree Lighting at the Big Cich Plaza, located on South 216th Street and Marine View Drive from 5:15 to 5:45 p.m. tonight, Dec. 4.

Community members will gather in the plaza to give the final countdown for thousands of lights to be turned on the Des Moines Christmas tree.

Be sure to dress warmly, because the events continue.

Sunday down to the Des Moines Beach Park Waterfront from 6-7 p.m. to watch the Christmas Ship parade.

Hot cocoa and cookies, warm yourself by the bonfire while the parade sails by.

Parks and Recreation along with Argosy Cruise Ships are providing a Holiday Cruise for teens on Dec. 5 from 5-10 p.m.

Admission is $20.

For more information about any of the Des Moines activities call the Parks and Recreation department at 870-4672.

More bang for the buck...

Advertise in the Thunderword.

Mid-winter celebrations appeal to diverse groups

By Menna Tesfatsion
Staff Reporter

Not all students at Highline celebrate Christmas.

It may come as a surprise to some, but there are other winter celebrations observed by the Highline community.

The two most widely celebrated events are Kwanzaa and Hanukkah.

Kwanzaa is an African-American holiday observed by African communities throughout the world.

Hanukkah, which is an annual festival of the Jewish religion, is celebrated on eight successive days, beginning on Dec. 18.

Both celebrations take place during the same time of the year.

"I've been celebrating Kwanzaa for seven years," said student Gabe Ladd.

Kwanzaa is a seven-day holiday that begins Dec. 26 and continues through Jan. 1.

It has its roots in the ancient African first-fruit harvest celebrations, from which it takes its name.

However, its modern history began in 1966 when it was developed by African-American scholar and activist Maulana Karenga.

"It's a lot deeper then gifts, it's about family," said student Reggie Ball.

Kwanzaa is directed around five fundamental activities:

- The unification of family, friends, and community.
- Reverence for the creator and creation.
- The commemoration of the past, honoring ancestors, learning lessons and emulating achievements of African history.
- A recommitment to the highest cultural ideals of the African community.
- Celebration of the "Good of Life."

"It brings families closer together," said Ladd. "More blocks should celebrate this holiday."

Kwanzaa celebrates the joys of African-American culture.

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Kwanzaa celebrates the joys of African-American culture.

Hanukkah, Hebrew for dedication, begins on 25th day of Kislev, the third month of the Jewish calendar, corresponding with December in the Gregorian calendar.

Also known as the festival of lights, Hanukkah commemorates the rededication of the Temple of Jerusalem by Judas Maccabee in 165 BC.

The temple was rededicated because it had been profaned by Antiochus IV.

It then took eight days for the temple to be rededicated to God.

Only one cruise, or jar, of pure olive oil could be found but the small amount burned miraculously for eight days.

A principal feature of the present-day celebrations, commemorating this miracle, is the lighting of candles.

One candle is lit the first night, two the second night, and so on until a special eight-branched candelabrum is completely filled.

Midway Pizza Hut is hiring Day/Night shift

What You need:
A safe vehicle  A good driving record
Team attitude  Courtesy towards customers
Apply direct at 23241 Pacific Hwy S. (At Midway Crossing)

$300-$800 minimum wage + tips per month in 2-4 Days a week!
Charity

Get into giving spirit, lend helping hand this season

By Marisa Kind
Staff Reporter

The sights and sounds are familiar: lights twinkling on decorated trees and bustling malls with the music of Jingle Bells playing in the background. This is the time of year that many look forward to with anticipation.

But for some, this time of year brings with it the heartache of uncertainty. As many race off to the mall to find the perfect gift for a loved one, some are wondering how they will afford groceries for the month.

At a time of year that is marked for many with laughter, joy and security, these very things can mask the pain that some people in our own community are enduring.

“It’s very difficult for families in poverty to watch their entire society celebrate the holidays, and they can’t join in,” said Cindy Cothern of Salvation Army in Seattle.

Charity organizations such as the Salvation Army and others in the area are trying to bring the holidays to those in need.

“Tuck in together and we can do tremendous things,” said Cothern.

To do something tremendous this season, get in contact with one of the following organizations:

Highline Community College is sponsoring the Holiday Giving Tree, headed by Bettina Casad, member of student government and president of Phi Theta Kappa.

“I wanted to do this, because it is a way to get the students involved in the community,” said Casad.

The Holiday Giving Tree is for families affected by HIV and AIDS. It benefits children ages 2-17.

A Christmas tree adorned with ornaments listing the children’s names, sex and desired gifts was put on display Dec. 1 on the second floor of Building 8.

All presents must be in by Dec. 11, and must be unwrapped. If no gift ornaments are left, people can donate money for the Giving Tree dinner party, which is put on for the children and their families.

Casad had a list for 65 children, and before the tree went up, half of them had already been chosen.

“It’s amazing how many people are excited to give gifts to children. But there are a lot of people who have signed up for two, three or even four gifts,” Casad said.

The Des Moines area food bank hosts families that are on welfare, families in crisis, and senior citizens. They serve between 750-800 families throughout the year.

“After many people are cut off from welfare, we are the only place they can get food until they can get on their own again,” said Marilyn Orts, director of the food bank.

The food bank is supported by donations of money as well as donations of food. Food staples, such as peanut butter, powdered milk, tuna, and canned fruits and vegetables are needed.

Paper and toiletry items, men and women’s personal items, and laundry soaps are also wanted.

The Food Bank is located at 22225 9th Ave. S., on the lower level of the Des Moines United Methodist Church.

They are open every day of the week, and donations can be dropped off anytime during the holidays.

The Des Moines area Clothes Bank also helps those in need.

They help people from infants to adults, and about 1,000 families per year.

“We provide, generally, for those who are on welfare and low-income, but we also deal with people in crisis situations,” said Ellen Barr, director of the clothes bank.

“We do not turn anyone away,” she said.

All that the bank needs is clean and up-to-date clothing.

Donations can be dropped off at Midway Covenant Church in the bins outside the church office.

The Salvation Army is known nationwide for the charity work they do for families and individuals in need.

The King County Salvation Army helps around 9,000 families in poverty each year.

With a Salvation Army office located in White Center, Auburn, and Federal Way there are many opportunities for those who are interested to help.

“We need all kinds of gifts, the gift of time, funds, resources and talents,” said employee, Cindy Cothern.

One way to give a gift is to donate toys to their Toy and Joy Shop.

The Toy and Joy Shop is a place where needy parents can buy food and pick out toys for their children.

They need volunteers to give out toys and help direct parents throughout the shop.

The Salvation Army also gives out holiday meals and serves Christmas dinners to about 150 low-income seniors.

Turkey donations are needed, and can be dropped off at the White Center Salvation Army.

For more information and for those who are interested in dressing up as Santa Claus and ringing a bell, call Salvation Army White Center at (206)767-3150, Auburn at (253)351-9253 or Federal Way at (206)524-0200.

The holidays can be more than just a time to buy and receive gifts, but also a time to give to those in need and receive something greater back.

“I have found that usually those who serve find a greater meaning of Christmas,” said Cothern.

“They get something back, it might not be something of material wealth, but a greater sense of joy,” she said.

For more information about Highline’s Giving Tree, call Bettina Casad at ext. 33.

Cindy Cothern.

More information about the Des Moines Food Bank is available by calling Marilyn Orts at (206)878-8301.

For more information about the clothes bank, call Ellen Barr at (206)288-4823.
**Shop until you drop—literally**

By Ami Westberg  
Staff Reporter

This holiday season, up to a half-dozen people at Southcenter Mall may shop til they drop, literally.

Some people get so hurried while shopping at the mall they forget to eat and end up fainting, said Captain Ted Fehr of the Tukwila Fire Department.

‘‘Between rushing around and carrying packages, shopping is a high caloric event,’’ he said.

While it is not a common occurrence, there is a marked rise in the number of people who faint in the mall during the holidays.

When a person goes for long periods of time without eating, their blood sugar goes down. This causes them to feel light-headed, and their body goes into shock. They may lose consciousness.

‘‘We try and make it a good experience,’’ said Paula Buckley, a member of Nordstrom Human Resources Department at Southcenter Mall.

‘‘We’ve had this happen several times,’’ said a Lamonts manager at SeaTac Mall.

If someone faints, the department store manager ispaged and they call 911, unless customer revives and does not want the paramedics called, she said.

When 911 is called, the fire department will come and administer oxygen to the person who fainted.

The fire department has them rest a few minutes and drink a little orange juice or apple juice to get their blood sugar back up.

‘‘Then we point them in the direction of the food court,’’ said Cape Fehr.

He reminds shoppers to take a break and eat during the holiday melee.

‘‘People need to remember to fuel that engine,’’ said Fehr.

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**Buyer beware, be safe**

By Ami Westberg  
Staff Reporter

For most of us, the holidays are a season of buying and giving gifts to friends and loved ones.

Unfortunately, there are those who take advantage of the holiday spirit and prey upon unsuspecting shoppers.

Lurking around shopping centers and mall parking lots is the thief, the burglar, the car prowler, and the con artist.

They watch for weaknesses in people and then they strike.

They look for careless shoppers, unsuspecting shoppers, ignorant and innocent shoppers alike.

The Tukwila Police point out an incident a couple of years ago when a 70-year-old woman was shopping in a department store and two women approached her.

The women commented that she was about the same size as their mother, and asked the victim if they could hold a pair of pants at her side to estimate if they might fit her mother.

The victim agreed willingly. Only later did she discover that while one woman had held the pants up to measure, the other one had skillfully lifted her wallet from her purse.

‘‘This is not something that happens all the time,’’ said Tom Kilburg, a Crime Prevention Officer for the Tukwila Police Department. ‘‘But we do encourage preventative measures.’’

The Tukwila Police send out a Shoplatch Newsletter that gives tips for safe and happy holiday shopping. Tips include:

* Stay alert and be aware of what is going on around you.
* Park in a well-lighted space and be sure to lock the car, close the windows, and hide shopping bags and gifts in the trunk.

If you want to put packages in your car during your shopping trip, put them in the trunk and drive your car to another parking place to give burglars the impression that you are leaving.

Avoid carrying large amounts of cash. If it is necessary to do so, put smaller amounts of cash in different pockets and wallets. Spread it out.

Deter pickpockets and purse-snatchers. Don’t overburden yourself with packages.

Be extra careful with purses and wallets. Carry your purse close to your body, not dangling by the straps.

Put a walker in an inside coat or front pants pocket.

Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

Kilburg offers other advice for holiday shoppers.

If you are trying on clothes in the dressing room, don’t set your purse down. Someone could reach under from the next room and steal it.

Gentlemen, do not leave your wallet in your pants if you go out of the dressing room and look into the mirror. Thieves will wait for the opportunity to grab it, he said.

Do not leave your purse in the car.

‘‘It is better to leave your purse at home if you do not want to bring it inside the mall,’’ Kilburg said.

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**Shoppers hitting malls with a vengence**

*Carrie Sukert  
Staff Reporter*

Thanksgiving weekend was the kick-off to the holiday shopping experience.

Retail stores were getting prepared for the many shoppers they will encounter during this season.

‘‘Shoppers’ attitudes change somewhat when the Christmas season comes around, but everyone seems to be getting what they want and having a great time,’’ said Jason Gibbons, a retailer at The Family Store at Gateway Center.

To start off the season of shopping, many stores had their annual after-Thanksgiving sales.

Shoppers have a great time going out and about looking for the best buys.

For retail workers, this season is a little more frustrating.

‘‘Dealing with a large mob of customers and trying to make them happy can be a tricky thing,’’ said Liz Fredricksson Manager of Kris Camera in Renton.

Any mall you go to this season offers their own holiday bonuses.

Gift wrapping is just one bonus almost every mall will have for you this season.

You can drop off your first arm load of gifts to be wrapped, and then go shopping for more.

But the shopping experience is not always a pleasant one.

Some people get a little aggressive when they want a gift.

‘‘I went to a store and saw a lady jump into a pile of Barbies and she got a whole arm load of them before anyone else could get one,’’ said shopper Nick Nordberg.

Shoppers attitudes do change a lot when Christmas comes around.

They seem to be more impatient and less tolerant of the retail workers,’’ said shopper Nick Ulrich.

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**Toys for Tots**

*Photo by Mike Stempula*

Shoppers delight in the seasonal frenzy that comes with holiday gift giving.
Students handle holidays, survey says

By William Randall
Staff Reporter

Highline students say they are not stressed by the holidays according to a survey of a 100 people.

The results of the survey revealed that 55 percent of Highline students do not feel stressed during the holiday season.

"No, I actually feel less stress during the holidays because I know I'll be with people I love and who love me," Heather Johnson said.

However, the other 45 percent claim that they do feel stressed, but they may not be stressed because of the holidays.

"Yes, I'm always stressed because I don't have enough time or money for everyone," one student said.

Approximately 45 percent of students wanted to spend time with family and friends. Where as 25 percent wanted time off from school.

"I love the break. I like the festive mood that everyone is in during the holiday. The whole world seems happy for two weeks," Tanya Johnson said.

But, students don't like everything about the holidays.

"It is the dent in my bank account that I like least about the holidays," Teresa Moreau said.

The main priority of 60 percent of the students was private time.

However, 20 percent of the students wanted time and money to spend with family and friends.

"I would like to do nothing after this quarter—I need a break," Susi Freelund said.

"I would like to spend time with my family and friends to share the spirit of the holiday season," one student said.

"I do think the holidays are stressful for many people because many people have expectations of what is supposed to happen and how good the time is supposed to be together with family," Social Psychologist Michele Manber said. "Many people's families, however, do not live up to the ideal picture of a warm-cohesive family and that is distressing.

"Also, many people who do not have families feel very alone at a time where the emphasis is on family," Manber said.

Season's joy is stress for some

By Shannon Stroud
Staff Reporter

Finding ways to deal with the holiday stresses of family and money can leave you with good cheer this season.

Most people say that even though the holidays are their favorite time of year, they can't help but feel overwhelmed by the stress of money, families, and general melee of the season.

One woman said she worries most about her family's interactions.

"Everyone expects to have a wonderful time, but it doesn't always work like that," she said.

"The only thing I can do is be positive and be thankful I have a family," Arlene Nicki Hagowski, a counselor at Federal Way's Center for Counseling and Learning, gives people a checklist to ask themselves when they are feeling stress:

* Am I hungry?
* Am I angry?
* Am I lonely?
* Am I tired?

These needs must be met before anything else can be accomplished.

Hagowski also suggests making a list of what really needs to be done.

One woman said that making lists is the only way she gets through the holidays without losing her mind.

"It is hard to balance all of these things on top of everything else," she said.

The holidays are also a time that people experience the blues.

A man said that he feels depressed this time of year.

"I just take it one day at a time," he said.

Hagowski added that it is most important to take care of yourself at stressful times.

The Center for Counseling and Learning gives advice for the best way to do this:

* Eat well.
* Get plenty of rest.
* Exercise.
* Do something for yourself.

Even a few deep breaths might make a difference.

So forget about those bouncing checks, the gift you forget to buy your boss, or all of the pumpkin pie you ate, and remember what the holidays are all about, family, love, and happiness.
The holidays can be a busy time, but it can also be a time to relax and explore your surroundings.

After a hard quarter full of deadlines, hours of grading and studying for exams, what better way to unwind than to treat yourself to a relaxing, fun-filled vacation?

During this holiday vacation take time to discover some unique nooks and crannies that make the Pacific Northwest a special place to live and visit.

Leavenworth, a quaint Bavarian Village nestled in the Cascade mountains, is approximately two hours east of Seattle, and offers an array of activities.

There are many exciting and interesting places to visit while in Victoria.

Another must see is the Crystal Gardens with its free-flying butterflies, monkeys, tropical gardens and aviary. The choices are endless, and all that is needed is an empty stomach.

To get a better view of the Victoria, B.C., visit while here. With the famous Royal BC Museum that is full of wax figures, life-size recreations of living societies around the world, and the feel of walking down streets of long ago.

Victoria is well-known for its emerald 130-acre Butchart Gardens, but unfortunately is closed for the season.

The choices are endless, and all that is needed is an empty stomach.

Victoria B.C. is a fun and enjoyable place to be, with plenty of things to see and do, regardless of your budget.

For more information and reservations call (206)448-5000 or (800)888-2355. You can also visit the Victoria Clipper web site at http://www.victoriaclipper.com.

For more ideas of all that Washington has to offer, pick up Destination Washington at any local book store.

It gives detailed information of all there is to do in Washington, how to get there and the cost involved.

Only eight more days and the holiday break will be here. With three new years to plan, spend some time exploring the beautiful Pacific Northwest.
Seasonal finals time makes for delirium

Two weeks before finals and all through the college, the students were straining in search of lost knowledge. The books were all piled on the library desks without care, in hopes that some answers worked somewhere in there.

By Ami Westberg
Staff Reporter

If you are looking for a holiday job now that the quarter is almost over, it may be too late. You should have looked a month ago.

Companies in the SeaTac and Southcenter areas did most of their extra holiday hiring in October and early November.

The Lamonts at SeaTac has finished their holiday hiring. "We hired about 15 to 25 additional staff," said a Lamonts manager.

Nordstrom's at Southcenter Mall hires a slew of people to help out for the holidays. "We do our hiring every year in October because the first Wednesday in November is our women and children's half yearly sale. We hire anywhere from 100 to 150 people for the holidays," said Paula Buckley of Nordstrom's human resources department.

"We hire early in order to have new employees trained in time for the onslaught of shoppers this time of year," said Buckley.

Eagle Hardware and Garden in Federal Way occasionally hires extra employees this time of year. "We usually hire back what we call our alumni. These are generally college students who come back for Christmas Vacation and want to work," said Chip Churchill, Eagle's Store Operations Manager.

There may be a few jobs left out there, but you may have to look hard.

"We get dozens of applications and right now we are looking for one person to work weekends," said Meghan Hawkins, a Benson Plaza Starbucks employee.
Gift ideas for the strangest of folk on your holiday list

By Lindsay Morishima
Staff Reporter

So, you've got a ten-mile long list of people you need to buy gifts for, and no idea what to get. Need some ideas?

It's happened to all of us, the annual gift exchange. You need a present for your kid cousin, a co-worker you pulled out of a hat, and your aunt. You're short on cash and creativity, and it's coming down to the wire.

"Nothing's harder than looking for a present for someone you don't know very well," said My Lee Trung, a shopper at Southcenter.

The kid cousin, who knows what to get but never rolls kid, one of the hottest and easiest ideas for gifts are virtual reality pets.

These virtual pets are pocket-sized computerized critters that need to be played with, cleaned up, taken to the vet, and fed.

If you don't take care of your virtual pet, it will die. They range from $9 to $15, and can be bought at practically any store that has a kid section. Even if they already have one, they probably want another. Virtual reality pets can be dinosaurs, snakes, birds, dogs, cats, and human babies that you can name yourself. I've got three virtual reality pets, and my friends and I baby sit each other and say who can keep them alive the longest," said Khrannna Hoover, a fifth grade at Seven Creek Elementary in Kent.

The co-worker you don't necessarily know that well is easier than you might think.

Get movie gift certificates, music gift certificates, or any generic gift certificate.

But how about getting a bit more personal? Find out their favorite charity and make a donation.

A great place to shop for gift ideas is Hall-Price Books. Everything in the store is half-off, including the software.

Get your co-worker a coffee table book, cook book, or screen saver, they all range from $7 and up.

Hall-Price Books are located in Southcenter, the University District, Bellevue, and Tacoma.

Don't forget about your aunt.

"Nothing's harder than looking for a present for someone you don't know very well," said Mrs. Trung, a shopper at Southcenter.

The easiest place to find presents when you don't know what to get is Wal-Mart. They have everything," said student Melodie Craig.

A favorite store for mall shoppers and the easiest place to find gifts for your aunt is Garden Botanika.

Gift packs range from $10 and up. The packs can include various scented lotions, a set of lip stacker glosses, and six aromatic products for $16.

But best of all, they're already packaged neatly, so you won't have to wrap them.

The holiday season is a time to relax and enjoy yourself, not to run around in panic. You're really having troubles, ask a salesperson for help, because that's what they're there for.

Delectable holiday foods tempt tongue

By Scott C. Murray
Staff Reporter

The seasonal holidays are upon us, and with it are the delicious foods people enjoy around this time.

The holidays of Christmas, Hanukkah, Kwanzaa and are different in ritual and celebration, but have one thing in common; delicious tasty morsels.

Christmas is celebrated on December 25th.

The spread is usually the same for most celebrators of Christmas, though some dishes may differ from year to year and from family to family.

Fruit cakes, some stale, some not, are a traditional staple.

Cooked ham garnished with pineapple slices is a favorite main course, and can be accompanied by a big buttered-based 21 pound turkey stuffed with delicious stuffing.

Marinated pears with thick, rich brown gravy makes for a good side dish, along with cranberry relish, pickles, olives, and celery filled with peanut butter or cream cheese with chives, are also served.

Pumpkin pie, pecan pie, lemon meringue pie, apple pie, banana cream pie, key lime pie, cherry pie, nut pie, pie, pie, pie.

With a dollop of vanilla ice cream, you can turn these desserts into a rich cascade of unbridled flavor. But be careful though, you don't want to over activate your taste buds.

Hammark starts Dec. 10, and runs for eight days.

Leek puddings, pineapple pudding, pumpkins with dumpings and studded dates are rich foods which are sure to be enjoyed by those who celebrate Hanukkah.

Kwanzaa starts Dec. 26, and runs for seven days.

Kwanzaa dishes include po-

tate salad, succotash, souffle omelets, shrimp salad, fried green tomatoes, chilled coconut milk, black-eyed peas, avocados and cabbage salad and a special ginger beer to accompany the meal.

All these delicious foods, and only one season to enjoy them in.

No matter what holiday you choose to celebrate this year or in years to come, there will always be food.

Broaden your palate's horizon, you never know when you'll find a new favorite food.

Go ahead and eat the calorie inflated feast. It's a one-time a year event, so for goodness sake, enjoy the holidays.

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Dec. 4, 1997

**Students helping students learn**

**By Carrie Sukert, Staff Reporter**

The Tutoring Center is a great place to receive the help you need to pass your classes. This program is run by many different people, but the person who oversees everything is Erin Hibbs, assistant director of pre-college studies and academic support.

Hibbs says the students get prepared for their classes and gives them support so they can get good grades.

The Tutoring Center has 490 students registered already this year. That is 130 people above last year’s count.

“I recommend this to any student because it is free and you are being taught by other students,” said Hibbs. “It is also open more hours than a normal tutoring center.”

This year, the Tutoring Center has added a drop-in writing program. It provides tutors on hand to help you in writing and you don’t need an appointment.

The other change is that they are now tutoring the occupation classes such as the nursing program.

The tutors are students who have been recommended by an instructor for doing very well in their class.

“We encourage instructors to tell students who are doing well in that subject to tutor,” said Hibbs.

A small percentage of the tutors are from the community, such as Elmer Reed. Reel decided to become a tutor because he had nothing else to do.

“It is a wonderful program and it gets me out of the house,” he said.

When students become tutors they can either do it for pay or for one credit in Education 199.

“It looks great on a resume for a job or a four-year college,” Hibbs said.

The feedback from the students has been positive.

In a recent survey done by the tutoring department, most students think this a great program but needs some bugs worked out.

Some of the suggestions were that it needs to be open on the weekends, have later hours, have more tutors in different subjects, and have some tutors in the Library.

A tutor student, Paul Litwicki, suggested bringing ear plugs when you come to study because everyone is talking around you.

“It is a good program and a great study environment, but sometimes it is hard to work with a tutor,” Litwicki said.

**IMP continued from page 2**

**dynamic curriculum.** The improvements we come up with will probably be available during Spring Quarter,” he said.

Ross also said he would like to offer more evening classes. As of Winter Quarter, only one is available.

Susan Landgraf, Journalism Department coordinator, founded the media program. In the spring of 1996, she wrote the grant application that bootstrapped the program up.

“I really think this program is in the right place at the right time. Seattle is becoming a huge market for the interactive media field,” said Landgraf.

Deborah McDaniel, a second-year student in the program, likes it.

“I think the program is progressing very well. I think the field is so new, it’s difficult for a student to understand what is involved,” McDaniel said.

McDaniel started an Interactive Media Club this year.

For more information about the club, E-mail McDaniel at: dmdaniel@wouonline.com.

For more information about the Interactive Media program, brochures are available in Building 11, or contact Terry Ross at 206-478-3710, ext. 6101.
**Men's basketball team suffers early defeat**

By T.M. Wyse
Sports Editor

The Highline men's basketball team suffered their first loss of the season last weekend.

Following a 77-61 win against the Centralia Trailblazers, the T-Birds lost 83-73 to the Chemeketa Chiefs.

"We try not to get too excited or depressed with one game," Head Coach Joe Callero said. "The only impact this game has is that it gives us a chance to learn," he said. If we lose three or four games in a row in January, I might be worried."

The T-Birds only lost one game all of last season, to Everett, and that wasn't until mid-season last year.

Injuries to Gabe Ladd and Bryan Guy hampered the T-Birds offensively and more importantly defensively.

"We are not quite in game condition yet and I don't think we are ready for back-to-back games," Callero said.

"We are 10 to 15 points better if Gabe is healthy," former T-Bird center Brian Scalabrine said. Ladd is well known for his quickness on defense.

Against Chemeketa, the T-Birds didn't shoot that poorly (45.5 percent), as opposed to the first game in which they shot 37 percent. However, in the second game, the T-Birds only went to the free-throw line six times, whereas in the first they shot 32 times from the stripe.

Defense was lacking in the second game. Reggie Ball and Quincy Wilder each played over 20 minutes in the two games. With Ladd healthy, these two would have only played around 55 to 60 minutes each.

The T-Birds were first last season in points off of turnovers and turnovers forced. Against Chemeketa, Highline forced 16 turnovers, but they themselves had 19.

Chemeketa had 22 points off turnovers and Highline has 17. Wilder and Ball combined for 42 points in the first game and 36 in the second.

Starting for the first time, second-year forward-center Garrett Miller made immediate impact. Miller scored a combined 28 points in the first two games while shooting 5-13.

More importantly, he also collected 10 boards and 5 blocked shots and still wasn't completely happy.

"My defense sucked. Offensively I was OK, but I got burned a few times on defense," Miller said.

New forward Shaun Madsen was quite impressive. He scored only six points and grabbed four rebounds in the first game. But in the second game he played seven more minutes and was able to manage 10 points and eight rebounds in only his second game as a T-Bird.

Todd Watts, in his second stint with Highline, scored 12 points and six assists, respectively in the first two games.

Highline will attempt to bounce back-tonic against Centralia in the Pavilion at 7 p.m.

On Saturday, December 6, the T-Birds play at Yakima in the Sun Dome at 7 p.m. Highline has home games on December 11 and 14 against Wenatchee and Walla Walla in the Pavilion at 7 and 8 p.m. respectively.

They then host a cross-over tournament from Thursday, Dec. 18, through Saturday Dec. 20.

To finish out the non-league season the T-Birds travel to Mt. Hood for the Mt. Hood Cage Classic from December 27-29.

The T-Birds have the rest of December to find their strengths and weaknesses, but once January rolls around every team will be gunning for them.

The T-Birds' first league game is on Saturday, Jan. 3 at Skagit Valley. Their home opener is on Monday Jan. 5 against Olympic in the Pavilion.

All league games are at 8 p.m.

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**Lady T-Birds lose two, but new look provides great strides**

K.M. Petersen
Staff Reporter

The Highline Lady Thunderbirds suffered two defeats over the weekend despite showing signs of tremendous improvement.

On Friday they took on Centralia, keeping in the game until a 10-0 run put them away with five minutes left.

Freshman guard Karen Nadeau led the Lady T-Birds with 18 points and three steals.

Captain Jennifer Turbet scored 10 points to go with eight rebounds, three assists, and two steals.

Freshman forward Kristi Duggan also scored 10, and 6'4" freshman Valerie Nater had eight rebounds and six blocks.

Despite an increase in size, Highline was outrebounded by Centralia 59 to 40.

"We've got to be a little hungrier on our rebounding," head coach Dale Bollinger said.

Also alarming were Highline's 27 turnovers and miserable 34.9 percent shooting performance.

The next night, the Lady Thunderbirds traveled to Salem, Ore., to take on perennial powerhouse Chemeketa.

Highline stayed with Chemeketa in the first half with a halftime score of 53-49. The Lady T-Birds shot 61.3 percent in the first half and were paced by Nater's three three-point baskets.

Chemeketa shot 60.6 percent in the first half and hit 12 of 15 free throws to maintain their lead.

Much like the previous night, Highline kept within striking distance, down by only nine points with less than seven minutes to go.

Chemeketa proved to be too strong, however, limiting Highline to 31.6 percent shooting in the second half.

In the end, Chemeketa extended their lead and won, 103-87.

Throughout the second half, freshman Sara Butt proved to be Chemeketa's most potent weapon on the court. She scored 20 of her 28 points and pulled down all eight of her rebounds during the final 20 minutes.

Chemeketa freshman Trisha Howard benefited from 14 free throw chances, scoring 19 points.

Nadeau continued playing well for Highline. She paced the team with 17 points, seven assists, and three steals.

Sophomore Angie Sirode came off the bench to get a double-double, scoring 10 points and hauling in 10 rebounds in only 18 minutes.

Freshman Amie Johnson rebounded from a lackluster first game, scoring 14 points on 5-6 shooting.

In a balanced scoring attack, the Lady T-Birds had five players score in double figures, including Nater, with 31, and freshman point guard Kelly O'Zear, who had 10.

Despite the losses, optimism continues for the improved Highline program.

"We have an awesome team," freshman starter Nadeau said.

Nadeau was encouraged by how close the squad played with Chemeketa. "They have a really good program...they always win championships, and we held our own," she said. She looks forward to a rematch. "They come back here on December 13, and I'm really excited."

"Everybody had some good things happen...we've just got to eliminate all the little failings which create losses and keep getting better and better defensively, and we'll be competitive," Bollinger said.

The next name for the Lady Thunderbirds is at home versus Walla Walla on Saturday, Dec. 6 at 6 p.m.
T-Birds show early season progress

By Brian Scalabrine
Staff Reporter

The Highline T-Bird wrestling team traveled to the 5th annual Invitational Team Tournament at Lassen College in California and won one out of three matches. They had to make the trip without sophomore leader Nelson Cristano, who was out with a knee injury. Cristano a 126-pounder, will have surgery on his left knee and will be out at least one month. "I'll be back," Cristano said.

The T-Birds could have used Cristano on Friday Nov. 28, when they had three matches against three very good teams. One of those teams was defending national champion Lassen College. Highline came away with three wins, two by pins. John Roscvear at 134 pounds pinned Johnny Hurtato in the second round and Jason Olson at 275 beat John Bell in the third.

Trevor Howard at 190 also won a decision over Dupre Lacey by a score of 6-4. The final team score was Lassen 35, Highline 15.

In their second dual the T-Birds wrestled Southwestern Oregon Community College. They won four of the 10 matches but lost overall, 25-17.

Winners for the T-Birds were Aaron Hall at 118, 6-4 in overtime; John Roscvear at 134, who won his second match of the day again by pin over Phillip Lopez; Adam Catherin at 167, who pinned Ryan Schaeiman; and Kendall Anderson at 177, with a 13-6 decision over Kris Stahl.

In their final match of the day, the T-Birds beat Clackamas 28-16. Scoring wins for the T-Birds were Adam Caterlin at 167, 14-4 over Dan Kinney, and Jason Olson at 275 by injury default over Leon Sandoval.

The second day of competition was an open tournament.

Highline's Trevor Howard took the individual championship at 190 pounds. He won by beating wrestlers from Western Wyoming 2-0, Southwestern Oregon 7-6, and Lassen College 3-1. Also placing in the tournament was Aaron Hall, who finished third at 118. He defeated opponents from Phoenix, Az., 11-6, Western Wyoming 9-7 in overtime and had his only loss of the day coming at the hands of Lassen College 9-2.

The T-Birds' next match is the Northwest Duals Invitationals on December 13 in Dex Moines. Then on December 30 they travel to Portland for the Oregon Classic Invitational.

Softball team keeps busy during offseason

Trip to Arizona heads up priority list

By Jennifer Francis
Staff Reporter

The Lady Thunderbirds softball team is pumping up and working hard, getting ready for the up and coming season which begins on March 17.

The women's softball team participated in a fall season. They were supposed to play in four different tournaments, but because of our wonderful Seattle weather two of the tournaments were rained out. The team came out of the two tournaments they did participate in with seven wins and three losses.

The softball team is in a rebuilding year. They only have two returners this season, Nicole Elder and Jessica Bruck.

The team felt they played well in fall ball. "We were using this time to get used to how everyone plays, we still have a little ways to go, but I think we will do well," said freshman pitcher/third baseman Heather Stahl.

Because of NWAAC rules, the team cannot be coached by Head Coach Cara Hoyt or any of her assistants from Nov. 1 to Jan. 31. "We take this time to work out and get into shape for the real season," said Hoyt.

Mondays, Tuesdays, and Thursdays they work out. Monday they concentrate on fitness exercises and weight lifting, and Tuesdays and Thursdays they focus on fitness, weights, and then also add sprints.

"I know it is tough on the girls so I try and lighten things up every once in a while, so I try and make it fun," said Hoyt.

"We were using fall ball as a time to get used to how everyone plays, we still have a little ways to go, but I think we will do well."

--Cara Hoyt, head coach

Even though the team is all new and not used to each other, they seem to play together well. "We all really excited to go, so I think even if it is down the wire, we will come up with the money," said Saw.

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As of last weekend Cougar related paraphenelia was harder to find than Ticke-Mel-Elo a year ago. Yes, that's a good idea a Ticke-Mel-Cougar, I'd name Ryan Leaf, after the cocky cougar quarterback, and jump up and down on it's head. "Tickle this you arrogant freak?"

Can you believe my therapist says I have an anger management problem? I mean the only one who was disappointed by how giddy the Cougs were when they finally beat the Huskies? Cause Cougar fans have come out of the closet faster than Lesbians on Ellen (Did they cancel that show yet?). Even die-hard Husky fans are coming out in support of the hated Cougs.

Heaven forbid if they should win the Rose Bowl and Nebraska should lose on of its final two games. The Cougars would like- ly gain a share of the national title, my goal they would probably burn Eastern Washington to the ground celebrating that victory. (Kinda reminds me of those Super Bowl parties we used to have in San Francisco). The Governor won't need to call in the National Guard because after all these are the Cougs and after this Rose Bowl the entire nation will be acquainted with the term to 'Coug', which every husky fan knows means to let victory slip through your grasp when everything goes your way.

Heisman hopeful Charles Woodson and the Michigan Wolverines will stick it to the Cougars, final score Wolverines 38, Cougars 21.

Scoreboard

MEN'S BASKETBALL
November 28
Highline 77, Centralia 61
N. Seattle 88, SPS 76
Spokane 74, W. Baptist 62
GRYS HARBOR TOURNEY
Olympic 95, Peninsula 75
Grys Harbor 119, Concordia 70
SKAGIT VALLEY TOURNEY
Tacoma 92, Mt Hood 87
Skagit Valley 101, C. Bible 47
L. COLUMBIA TOURNEY
Yak. Valley 92, Clackamas 72
Everett 87, Linfield JC 57
L. Columbia 91, Portland 86
SW OREGON TOURNEY
Lane 79, Williamette 57
TREASURE VALLEY TOURN
E. Utah 88, Blue Mt. 84
November 29
Cheneketta 83, Higline 73
Pierce 87, Whatcom 80
Spokane 77, W. Baptist 65
GRYS HARBOR TOURNEY
Pierina 86, Concordia 81
Olympic 108, Grys Harbor 97
SKAGIT VALLEY TOURNEY
Mt Hood 115, Col. Bible 86
Skagit Valley 70, Tacoma 66
L. COLUMBIA TOURNEY
Clackamas 88, Clark 82
Portland 92, Linfield JV 84
Yak. Valley 77, Edmonds 74
L. Columbia 86, Everett 83
SW OREGON TOURNEY
NW Christian 80, Lane 78
TREASURE VAL. TOURN
Tras. Valley 85, Bil. Mt. 80
November 30
L. COLUMBIA TOURNEY
Portland 92, Edmonds 84
Everett 86, Clackamas 86
L. Columbia 83, Y. Valley 75
Rose Bowl win for WSU?
Yeah Right!!

By Michael Stampalia
Staff Reporter

The Washington State University Cougars are in the Rose Bowl.

Hell has frozen over!

On January 1, 1998 the Cougars will take on no.1 ranked and undefeated Michigan in the most important football game in school history.

The importance of this game is magnified by the fact that this is the last year that the Rose Bowl will give an automatic berth to the Big Ten and Pacific Ten conference champions.

Next year the Rose Bowl will join the Bowl Alliance which brings together the top teams for a true national title game and big bucks for everyone involved.

Washington State University is also raking in the big bucks, the hottest gift item this Christmas for the family sports fan is anything with Cougars and Rose Bowl on it.

As of last weekend Cougar related paraphenelia was harder to find than Ticke-Mel-Elo a year ago. Yes, that's a good idea a Ticke-Mel-Cougar, I'd name Ryan Leaf, after the cocky cougar quarterback, and jump up and down on it's head. "Tickle this you arrogant freak?"

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Dec. 4, 1997
Does choir need dollars, or more voices?

The music department has requested about $3,500 in funding for two accompanists, and has yet not received an approval. Victoria Kincel-Therault, one of Highline's music instructors, went to the S&A Budget Committee to ask for the funding for the accompanists, but got turned down.

"The S&A Budget Committee is designed to fund student activities rather than fund instruction," said Mike Armstrong. "I think it's important for the music department to get proper funding," said Armstrong. "If you have a budget committee member and a Highline business instructor," said Dr. David Armstrong. "We have been taking a closer look at our budget, and we have made changes on what we will pay for," said Armstrong.

"I feel there has been a horrific change in the way funding has been set for the arts and music department," said Dr. Sydney Stegall, music and communications professor. "We would like to open some dancing classes, or even go as far as baton classes. It's really up to the students to decide what they want. This department is for everyone," said Stegall.

"I am hoping to have this resolved by the end of the quarter. Being in Highline's choir last fall quarter gave me a chance to actually see what the department had to offer. Coming from a 50-person concert choir, and having four years of vocal experience under my belt (not saying I was the best singer), I was ready to take this class pretty darn seriously. I walked in, sat down, and waited for the rush to come in. Only 10-15 students followed. Can we say disappointment? As the quarter went on people dropped out (or never came to class), but we kept on singin' away, flat on Mondays, right on key the other days.

The choir ended up only doing one public concert, and we sounded pretty decent. A good portion of people showed up.

In all, it was a great time, but sad as well. Sad because I actually thought maybe the choir didn't have as much funding as it deserved. Maybe if we did have an accompanist, we would have put on more performances, or more people would show up.

Could more funding be the true answer, or could it be just more student involvement?

By Scott C. Murray
Staff Reporter

Thom E. Lee, a pottery instructor at Highline, will give a vocal recital Sunday, Dec. 7, at 8 p.m., in Building 7. Admission is free.

The event is sponsored by the departments of Music, Art, Drama, and Jewelry.

This is Lee's first quarter teaching at Highline. He has a master's degree in ceramics and has also studied classical voice for the last dozen years.

Lee, a lyric tenor, will be accompanied by pianist, Kevin Anderson. The recital entitled "As the Fire Fell to Ashes," will feature 20th century art songs by Vaughan Williams, Barber, Arpino, and Hundley. They will be given in English, and there will be no Christmas songs at the voice recital.

Lee said he enjoys 20th century because it is very late and romantic in style.

"Some people listen to Beethoven and Mozart, and ignore the composers of the late 20th century," Lee said. "My voice and temperament are more appropriate for singing art songs, rather than opera. Voice is something that has always been important to me."

By William Randall
Staff Reporter

Highline music professor Marius Nordal, the department's musical director, is an up and coming city with a diverse Seattle. His small yet confident stature stands tall when he speaks of music. His whole being seems to come alive; his eyes, arms, and small hands were synchronized as he spoke of his passion.

Nordal then follows up with a solo from Highline, "The Sound of Music," which is a blues tune written as a big band arrangement for Rufus Reid. This CD starts with a dazzling original song "Notorious," which is a blues tune originally written as a big band arrangement for Rufus Reid. Nordal then follows up with a solo from Highline, "The Sound of Music," which is a blues tune written as a big band arrangement for Rufus Reid. This CD starts with a dazzling original song "Notorious," which is a blues tune originally written as a big band arrangement for Rufus Reid. Nordal said Seattle is a center of the universe musically—you don't have to go to New York or Chicago to be in the middle of things.

Photo by Mike Staplanski

Photo by Bruce Jarrell

Music instructor leads Rainier Symphony

By Menna Tesfuatlson
Staff Reporter

When Paul Mori waves his wand, magic happens.

Mori, a Highline music instructor, moonlights as the conductor of the Rainier Symphony.

He flew out from Baltimore, Md., and without a lengthy audition process to be named conductor in June 1996. He studied music at the Peabody Conservatory of Music, where he received his master's and doctorate degrees.

His small yet confident stature stands tall when he speaks of music. His whole being seems to come alive; his eyes, arms, and small hands were synchronized as he spoke of his passion.

Mori teaches three five days a week between classes and gives private lessons. He has also recently been named the interim conductor of the Rainier Symphony Orchestra.

"I wanted to move west," said Mori. "I love how ethereal and lyric baritone, will be more appropriate for singing Lee said. "Opera is drama, what art song is to poetry, I came to music out of a love for poetry." Lee said.

"I feel there has been a horrific change in the way funding has been set for the arts and music department," said Dr. Sydney Stegall, music and communications professor. "We would like to open some dancing classes, or even go as far as baton classes. It's really up to the students to decide what they want. This department is for everyone," said Stegall.

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Could more funding be the true answer, or could it be just more student involvement?

By Menna Tesfaatlson
Staff Reporter

Highline instructor hopes new CD earns him some 'Notoriety'

Another traditional song, "Billy Boy," gets a very untraditional treatment by the

Photo by Bruce Jarrell

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Horoscopes
By Red Dawn

If today is your birthday: It’s still only 21 shopping days till Christmas!

Sagittarius 11/22/12 - Large fierce creatures invade your home planet, demanding tribute in the name of their leader. You decide to bake.

Capricorn 12/22/1-20 - Business venture shows promise just before heading way south. Try to pick up the pieces and see if they fit anything else.

Aquarius 1/21-2/19 - Trusted adviser continues to bugger you to sell, sell, sell! Help is on the way, so try to take him seriously this time.

Pieces 12/9-20 - Time to realize that spirit with that special someone, bestowing the gift that only you can share.

Aries 3/21-4/20 - Your grand adventure is playing itself and the sun is fading. Some-what you have to say yes, and sometimes you have to say maybe. I think that about covers it.

Leo 7/23-8/23 - Leo says Bowling for Badges is back, and the lanes are waxed and ready to roll. Free tuna with every game over 200!

Virgo 8/24-9/22 - Sometimes you have to say yes, and sometimes you have to say no, and sometimes you just have to say maybe. I think that about covers it.

Libra 9/23-10/23 - The fish begin to reappear where you least expect them. Don’t give into their demands; stall them as long as you can.

Scorpio 10/24-11/22 - Your time in the sun is fading fast. As a former has-been, you won’t be called upon to reminice about your days of glory. So don’t.

Art show results unveiled
By Christi Croft

Art Editor

All of the 177 ballots from the Really Big Art Show have been counted, and the results are finally in. You, the student body were in charge of judging all of the artwork displayed. Out of the 80 pieces of art entered, it finally came down to 12 lucky winners.

In the Drawing/Painting category, first place went to “A Genius,” created by Cheng-hsia Hwang. Second place was given to Eric Tucker, “Trapped Spirit.” And finally, Claire Hebert’s work, “Experienced,” received third place honors.

The photography category held a three-way tie for first place. Aly Hooy’s pictures, “On the bench,” and “Ethan Michael,” were two of those three tied for first, and the other went to “One Happy Day,” by Yumi Okuwaki.

Amy Nielty’s, “Monster Pot,” was named first place in the sculpture/pottery category. Neeley also happily accepted second place with her work, “Spiral Raku.” Following for third place was Kristen Olds, “Tea Bowl.”

The last category featured at the Really Big Art Show was jewelry. Darcy Rutter grabbed second and with her two untitled pieces. Beth Stryzerski came in third with her jewelry piece named, “Free Form.” Not only do the winners of the Really Big Art Show get to brag about their outstanding accomplishments, but they also get some money to spoil themselves.

First place winners get a cash prize of $40, second place winners received $20, and third place contestants received $10. “The art show was amazing,” said Rachel Thorne, Team Highline.

Get out of the house

The Group Theater presents "Voices of Christmas," Now through Dec. 27. Come celebrate vocal gospel at its finest. For ticket prices and information, call The Group Theater Box Office at 206-441-1299.

Team Highline presents “Tickle Tune Typhoon Returns” Friday, Dec. 12. Enjoy educational songs and dancing characters in elaborate costumes. First show is at 11 a.m., and tickets will be sold in the Student Programs Office, Building 8, starting Nov. 24. Admission is $4 per person.

The Highline Choir and Jazz Ensemble proudly present the performance of their Winter Concert and Vocal Recital, Both of the concerts will be held in Building 7 at 7:30 p.m. The choir will hold their winter concert on Dec. 4, the Jazz Ensemble will perform on Dec. 5. Admission is free!

Enchanted Village in Federal Way, will be hosting its annual Holiday with Lights, Dec. 5 through Dec. 11, 6-9 p.m., and Dec. 12 through Jan. 3, 6-10 p.m. This event will feature the main man himself, Santa Claus, plus caroling, stage showband much more activities for the whole family. To purchase tickets or for more information contact the Student Programs Office at 877-7310 ext. 3536.

The Highline Choir and Jazz Ensemble proudly present the performance of their Winter Concert and Vocal Recital, Both of the concerts will be held in Building 7 at 7:30 p.m. The choir will hold their winter concert on Dec. 4, the Jazz Ensemble will perform on Dec. 5. Admission is free!

Dear Gabby

Dear Gabby: What should I get you for Christmas? — Merry Kerry

Dear Merry: People often ask the Gabmeister how they can reword me for my wonderful and beneficent goodness. I think a humble statue, or a simple shrine will be sufficient for now.

Dear Shabby: I want to capture that casual cool look you’re so famous for. What can I do? — Ulgy Duckling

Dear Duck: To capture the look you must maintain a strict beauty regime. First, stop bashing all together. It’s the myth of bashing that keeps everyone from being as beautiful as us. Next, you must wear a large amount of perfume to cover the stench that will begin to waft from you. The final step is immerse yourself in liquid nitrogen to seal in that cool. Look out world, here you come.

Dear Flabby: I’m losing my girlish figure, and my manish one too. How can I get those sturdy buns and guns, those rippling abs for which you are so famous? — Walter Weakling

Dear Walt: Get in touch with your inner self. Release the full magnetism of your animal power, conquer new heights, unleash your full potential and seize the moment do what you want. Also, diet and exercise would help.

Dear Gabby: How can I get a girlfriend? — Pathetic Pauly

Dear Pauly: Quit being such a loser! Take a chance! If someone shows an interest in you, buckle up your courage and say “Right on!” If it’s a disaster, you don’t have to go for seconds.

If you have a question for the Gabmeister, send it to "Dear Gabby," Thunderword office, 10-106.
Part-Time

continued from page 1

Part-time instructors usually teach from 10 a.m. to 2 p.m., and are paid a rate of $12 per quarter unit. A computer class, for example, would be worth four units.

"About two-thirds of my time is devoted to teaching," said Steen, who teaches computer classes.

"I've experienced part-time faculty who are not good teachers," faculty member Linda L. Diamante said. "Faculty who are good at their subject matter can make a good part-time teacher."

Full-time teaching pays more, and this is one of the problems that part-time instructors face. They want to keep their teaching jobs, but they also want the benefits that come with full-time jobs.

"I used to go after 12:30 p.m., and I never had the chance to teach," said Steve Johnson, who teaches computer classes.

"But I don't want to do that," he said. "I want to stay involved in the college, but I don't want to have to work so much."

Instructor John Simonson said, "The part-time faculty are trying to make it work."

"They're trying to make it work," he said. "They're trying to make it work for themselves, but they're also trying to make it work for the students."

"It's tough," he said. "But I think they're doing the best they can."